

# Coast Lines

FREE

*Your Goolwa - Victor harbor community monthly magazine reaching Kangaroo Island and the Fleurieu*

March, 2013 Vol. 2, No. 11

Fleurieu  For Sale

...plus your real estate guide

coastlines@internode.on.net

www.coastlines.com.au

T: 0402 900 317

# 36

pages...

Welcome to your new monthly *Coast Lines* – incorporating our real estate magazine *Fleurieu For Sale*. We catch up with a band of keen rowers on Hindmarsh Island, talk to Cory Hennessy, who is recovering from a lung transplant, and meet Dan McCaul, who has a cheesy grin from his Alexandrina Cheese factory at Mount Jagged. Jenny has whipped up a treat in her EAT Wave column, Mark tells us how to care for our car, and we warn against reading the lame jokes. It's all inside – and much more! Please enjoy.



It was “plant ‘n munch” day at Goolwa Primary School, and Isaac, eight, and Samantha, nine, got into the healthy mode. It's part of an Obesity Prevention and Lifestyle (OPAL) program run by the state government and the Alexandrina Council, with support from Cittaslow. The kids take planter boxes home, learn how to grow their own veggies, and enjoy healthy, fresh foods. Great concept.

It's days away... our NEW website  
[www.coastlines.com.au](http://www.coastlines.com.au)

**ALL-NEW  
NISSAN  
PULSAR**



**BOOK YOUR  
TEST DRIVE  
TODAY!**

**my nissan**

**6 year** 120,000km Capped Price Servicing **3 year** 100,000km Warranty **3 year** 24 Hour Roadside Assistance\*

*We're your local Nissan dealer!*

**Ph: 8326 3377**  
A/H Nick 0405 691 895



**345 Main South Road**  
[grandnissan.com.au](http://grandnissan.com.au)



**GRAND NISSAN  
MORPHETT VALE**

\*Applies to the first 12x10,000kms scheduled service intervals for up to 6 years/120,000kms (whichever occurs first). Some exclusions apply. Ask your Nissan Dealer or visit [nissan.com.au/cpctcs](http://nissan.com.au/cpctcs) for full terms and conditions. LVD61222. E91928A adcorp

## Congratulations to the Class of 2012 on their success.

*'We are proud to have assisted in navigating your chosen pathways and celebrate the diverse directions in which you have chosen to travel.'*



*'May the LORD bless you and protect you. May the LORD smile on you and be gracious to you.'* Numbers 6:24-25

**Amber Anderson**

*Artist, Part-time employment  
-Hospitality*

**Alexandra Beckett**

*Bachelor of Arts -Enhanced  
Program*

**Emma Bowey**

*Bachelor of Psychological Science*

**Carly Brook**

*Full-time employment -Hospitality*

**Alexander Burt**

*Certificate II in Agriculture*

**Jake Charity**

*Bachelor of Science -Biotechnology*

**Christopher Charles**

*2013 Gap Year,  
2014 Defence Forces*

**Emma Cooney**

*Bachelor of Journalism &  
International Relations*

**Sam Davidson**

*Continued SACE studies*

**Andrew Detchon**

*Bachelor of Business in  
Convention & Event Management*

**Chantelle Detchon**

*Full-time employment Hospitality*

**Emily Devine**

*Bachelor of Commerce*

**Sarah Dohnt**

*Traineeship - Dental Assistant*

**Ellie Fry**

*Bachelor of Education*

**Alice Gilbert**

*Bachelor of Education & Arts*

**Nicholas Goh**

*National Service -Singapore*

**Cody Hanak**

*Equestrian Based Employment*

**Georgina Harrison**

*Bachelor of Commerce*

**Shauna Harvey**

*Bachelor of Nursing*

**Sean Hermon**

*Defence Forces*

**Timothy Hewitt**

*Bachelor of Information  
Technology*

**Hayley Hogg**

*Bachelor of Arts -Teaching*

**Lewis Horwood**

*Army Officer Training Program  
-Duntroon*

**Charles Houghton**

*Arborist Apprenticeship*

**Tucker Hudson**

*Bachelor of Science -Biomedical  
Science*

**Dillon Huppertz**

*Continued SACE studies*

**Connor Klaassen**

*Bachelor of Education*

**Brock Knott**

*2013 Travel,  
2014 Bachelor of Education*

**Satish Lawson**

*2013 International Placement,  
2014 Bachelor of Arts -Teaching*

**Joel Lomman**

*2013 Year in the Son -Tabor  
Christian College,  
2014 Bachelor of Arts -Teaching*

**Todd Luddy**

*Continued SACE studies*

**Dylan Mason**

*TAFE studies, seeking  
apprenticeship*

**William Miller**

*Bachelor of Medical Radiation  
Science*

**Nathan Munro**

*Bachelor of Behavioural Science -  
Psychology*

**Keith Nicholls**

*Certificate II in Automotive  
Mechanics*

**Melissa Nottle**

*Bachelor of Nursing*

**Matthew Oldham**

*Bachelor of Arts -Criminology &  
History*

**Jessie Pitman**

*Continued SACE studies*

**Caitlyn Rault**

*Bachelor of Environmental Policy  
and Management*

**Matthew Rodert**

*Bachelor of Education*

**Sarah Shaw**

*Bachelor of Design -Visual  
Communication*

**Joshua Sheppard**

*Defence Forces*

**Harrison Sherrah**

*Defence Forces*

**Lilly Sideris**

*Bachelor of Music*

**Thomas Skewes**

*Bachelor of Media*

**Bob Thomas**

*Defence Forces*

**Georgina Thomas**

*Bachelor of Education*

**Ashley Watson**

*Bachelor of International Tourism*

**Matthew Wiese**

*2013 Gap Year,  
2014 seeking apprenticeship*

**Chloe Young**

*Bachelor of Nursing*

*Providing Success & Continuity in Education from Reception - Year 12*

**www.investigator.sa.edu.au**



# New fund to assist emerging performance artists

The widely acclaimed Just Add Water cultural art experience that engulfed Goolwa and the southern Fleurieu throughout 2012 maybe over, but positive steps have been taken to ensure the artistic development will continue. In a huge boost to the region, the Alexandrina Council Arts and Cultural Committee has established the Fleurieu Art Fund Incorporated (FAFI) with already \$20,000 pledged to establish a small biennial scholarship for young performance artists. FAFI will be launched at Signal Point, Goolwa, on April 20 when the first recipient of the scholarship will be presented. The gathering will also be used to establish the Friends of FAFI, a support and fundraising arm to ensure the long-term future of the scholarship program.

Council Arts and Cultural Committee chair Carol Gaston said the committee considered numerous activities as a legacy of Just Add Water.

"The purpose of the organisation is to assist, in a practical way, the work related aspirations of professional and emerging artists in the region," Carol said.

"Among the key objectives of FAFI is to develop an ongoing list and knowledge of artists who demonstrate the capacity to become professional in their chosen field of creative endeavour.

"We would like to maintain a trust fund raised through donations and other means in order to deliver grants to individuals or groups.

"We also want to develop a network of

influencers from any sphere who can assist the Fund to achieve its goals."

The April 20 launch will be in the form of a cocktail party, and FAFI organising members have already worked incredibly hard to organise an auction. Among the excellent items to be put under the hammer by a professional auctioneer will be a David Hamilton sculpture (finalist in the Waterhouse prize), a tour by four people behind the scenes at the SA Museum, two State Opera tickets with overnight accommodation at a North Adelaide private apartment, two tickets for the Turner Exhibition, a joy flight in a privately owned jet fighter from Goolwa Airport, and "hot laps" around the Mallala circuit with a local racing car driver during a race fixture.

## Welcome to your new-look Coast Lines

Welcome to your new-look *Coast Lines* and your real estate guide *Fleurieu For Sale*... we've gone monthly, which has allowed us to present more pages and increase our distribution.

And now we're about to launch our bright new website – [www.coastlines.com.au](http://www.coastlines.com.au)

In an exciting change, while the printed version of *Coast Lines* is monthly, our new website will be updated almost daily with community news and events. We will be inviting you to tell us what is happening across your southern Fleurieu Peninsula and Kangaroo Island, and have it online as soon as possible.

With our revamped website comes an apology... for the past few months we have had online issues, but they have been sorted out. The new website will have some amazing features and we have replaced the turn-page format with PDF copies and a better presentation of stories to make it easier reading.

*Coast Lines* will continue to be your community magazine – we will never get into federal, state or local government politics. We've shunned the election and we're not



going to slam the councils for picking up our rubbish 10 minutes late. We're about people, places and events, and promoting the many great things about our region, and we would love you to stay on board our journey. We're still whipping up something in EAT Wave, the movie guide will be bigger and better in print and online, and we have introduced a new column from Grand Nissan about caring for your car. Regrettably, the jokes remain lame.

Going monthly means you will have more to read – and our magazine will have a longer lifespan, which is important for our valued advertisers.

We also hope you like our new masthead featuring another brilliant image taken at Port Elliot by Martin Jaeger.

Thank you for your support.

**Ashley & Jenny Porter**  
Publishers

## Shannons... the Ceiling Fan specialists

The RIGHT fan  
at the RIGHT price!



\* White 3-blade aluminum  
1200mm fans from  
**\$82.50**

\* White 4-blade  
timber rattan  
1300mm from  
**\$132**



- \* Stainless steel fans for outdoors
- \* Extensions for high ceilings
- \* All fans have a forward-reverse switch for summer/ winter

- \* Remote control fans with or without lights
- \* Installation advice
- \* FULL 12-month warranty

**8552 7879**

Call the experts  
you can trust!

305 Victor Harbor Road, VICTOR HARBOR



Valid for one complimentary  
COFFEE or TEA  
when another  
COFFEE or TEA  
of equal or greater value is purchased  
**33 OCEAN ST. VICTOR HARBOR**  
**8552 2744**

## Vibe ACCESSORIES

Fashion, formal & body jewellery.  
Hats & fascinators. Hair accessories,  
watches, scarves, gift lines & more.  
**Victor Central Shopping Centre**  
**Shop 1e, 77 Torrens St**  
**Victor Harbor**  
**8552 9420**  
vibeaccessories@hotmail.com



**River Dolls of Goolwa &  
Dollies Lollies**  
**Supporting Goolwa**  
**33 Cadell St., GOOLWA**  
**8555 5801**  
**www.riverdolls.com.au**  
**River Dolls of Goolwa**

**peninsuladecor**  
Floor Coverings • Window Coverings • Security Doors

**CAFE  
BLINDS**

**42 Port Elliot Rd Goolwa**  
**Ph. 8555 1286**  
**www.peninsuladecor.com**

If you would like something included in *Go. See.* please email us... there is no charge, certainly not for community organisations made up of volunteers working to help others.

### March 6-31

Exhibition featuring local artist Carol Coventry. Open every day 11am-4pm. Free entry. Contact 8555 0095 or Art@Goolwa 13 Porter Street, Goolwa.

### Saturday, March 9

The annual Relay For Life organising committee has come up with a new feature – a three-course dinner (with a purple theme) at the Encounter Bay Bowling Club from 6.30pm. There will be a silent auction and door prizes. Tickets are just \$30. It will be a big lead-up to the Relay For Life at Encounter Bay on April 13-14. It is a terrific fun event and it's not too late to get teams of 10 organised. And it's for a great cause - Cancer Council SA and research. For more information contact Claire Fuller 85542939 or Karen Dutton 85524840.

### March 9-10

There is a craft fair at Goolwa Primary on Saturday and Sunday. Plenty of bargains... magnificent cakes and jams on offer. Contact Naomi 0418 810 735 or TracyLee 0430 604 726.

### Sunday, March 10

After the success of Fringe in Goolwa in 2012, Adelaide Fringe will return with the Fringe Caravan to the Goolwa Wharf on Sunday from 11.30am. Audiences will be treated to free performances by Fringe artists from around the globe including Ponydance, the hilarious dance troupe from Ireland, with their sharp dance moves and even sharper comedic

**Go.  
See.**  
coastlines.com.au

**THOUGHT FOR THE DAY**  
If towels could tell jokes they  
would probably have a dry sense  
of humour.

## Off to market we go..

**Cape Jervis:** Second Sunday of the month from 9am-1pm.

**Goolwa:** First and third Sundays of the month at the wharf.

**Inman Valley:** First Saturday of month 9am-1pm.

**Port Elliot:** First and third Saturdays of the month at Lakala Reserve.

**Strathalbyn:** Third Sunday of the month at Lions Park, South Terrace.

**Victor Harbor:** Farmers' market every Saturday until 1pm.

**Yankalilla:** Third Saturday of the month from 9am.

timing. Other highlights include cabaret juggler and street theatre artist Grant Goldie from the United Kingdom, and local street theatre performer Mr Spin with his comic vaudevillian style circus and juggling act. Visit [www.artsalexandrina.org.au](http://www.artsalexandrina.org.au) or contact Goolwa Visitor information centre 1300 466 592.

Continued P5



### Love sport, camping & fishing?

Then see our complete range of equipment from archery to lawn bowls, air guns to rods PLUS sports clothing, shoes, bags & trophies  
22 Ocean St, Victor Harbor

**8552 1766**

**www.tonkinssports.com.au**  
**tonkinssports@bigpond.com**  
PROUDLY SUPPORTING LOCAL SPORT

## KIES BUILDING SUPPLIES



**See Andrew, Steve & the team**  
**64 Gardiner St., GOOLWA**  
**8555 3605**

From P4

## Sunday, March 10

After the success of Fringe in Goolwa in 2012, Adelaide Fringe will return with the Fringe Caravan to the Goolwa Wharf on Sunday from 11.30am. Audiences will be treated to free performances by Fringe artists from around the globe including Ponydance, the hilarious dance troupe from Ireland, with their sharp dance moves and even sharper comedic timing. Other highlights include cabaret juggler and street theatre artist Grant Goldie from the United Kingdom, and local street theatre performer Mr Spin with his comic vaudevilian style circus and juggling act. Visit [www.artsalexandrina.org.au](http://www.artsalexandrina.org.au) or contact Goolwa Visitor information centre 1300 466 592.

## Monday, March 11

It's the Adelaide Cup holiday, and here's a chance to race in for some bargains. The Encounter Centre, a not-for-profit organisation that makes great wooden toys and does a marvellous job by teaching work and life skills for people from vast backgrounds, is holding a huge Car Boot Sale and open day at its headquarters. 42 Armstrong Road (opposite Encounter Bay Oval). Car registrations – \$10 per car. Proceeds will go to the Encounter Centre programs and general funding. Enquiries: 8552 2995 or [encinc@hotmail.com](mailto:encinc@hotmail.com)

## Sunday, March 17

You're in the luck of the Irish... it's St Patrick's Day, and Folk on the Farm resumes at Alexandrina Cheese Company, featuring local folk musicians *The Ryebuck Shielas*. *The Ryebuck Shielas* has mustered some talented Fleurieu Peninsula-based musicians to play a sweep of traditional Irish folk songs, plus Celtic tunes and a few sing-alongs. The music always starts at 1pm, and you will hear guitar, mandolin, and amazing voices for an enjoyable afternoon. It's free, but bookings are essential. Guests enjoy a cheese platter, and drinks available. Bring your own picnic rugs to relax to the music on the lawn. Phone 8554 9666 or email [info@alexandrinacheese.com.au](mailto:info@alexandrinacheese.com.au)

The concert series continues on the third Sunday of the month – April 14 and May 19.

## Wednesday, March 20

It's Bust'n Out with Scarves from 2-4pm to support breast cancer across the Fleurieu. See P15.

## Monday, March 23

Dual Adelaide Football Club premiership captain and current club assistant coach Mark Bickley is coming to town to promote good club practices. It's a sports and recreation information night from 7-9 presented by the Alexandrina Council through its OPAL program. It's free, and the topics include information on grants and funding, how to be a healthy club, and details on new liquor licensing laws. There are limited seats available. Contact: [raini@alexandrina.sa.gov.au](mailto:raini@alexandrina.sa.gov.au) or 8555 7000. A must event for clubs.

## Friday, March 22

Come and hear Zanesh Catkin discuss his comic novel Pangamonium, that parodies travel adventure stories and satirises capitalism. \$5 entry fee. Starts 7pm adults only, and not for the faint hearted. Contact 8555 7000 Strathalbyn Library, South Terrace.

## Saturday, March 23

Peter Powers, a fast and funny hypnotist with his live show. Bookings essential, tickets \$57.50 adults \$52.50 concession from Goolwa Visitor Information Centre. Contact 1300 466 592. Doors open 7:30pm, Centenary Hall.

## March 23-24

The Clayton Bay Sailing Club presents its annual Rat Race Regatta, racing from Clayton, through Snug Cove behind Rat Island and back to Clayton. Next day, the same route, but in the opposite direction. The first warning signal on Saturday will be at 2.30pm and on Sunday at 10.30am. Contact the club 8537 0375 [www.claytonbayboatclub.org.au](http://www.claytonbayboatclub.org.au)

## March 23-24

Working Sheepdog Trials, Strathalbyn Showcasing some of the best working sheepdogs and handlers in the state at this sheepdog trial in a paddock 5kms from Strathalbyn towards Milang, Nine Mile Road, from 8.30am-5pm. Free entry. Contact 8537 0235.

## March 23-April 23

Murrundi Ruwe Pangari Ringbalin (River Country Spirit ceremony). Photographic documentary following Corroborees performed by the Ngarrindjeri and Kooma people as they travelled the length of the Murray and Darling rivers on a quest to dance spirit, and life back into the river system, and the people who live along it. This documentation takes the form of photographs and sound recordings. Wednesday-Friday 11am-4pm, Saturday-Sunday 10am-4pm at Signal Point Gallery, Goolwa Wharf.

## March 30-April 7

Goolwa Art and Photographic Exhibition, Goolwa. View paintings and photographs from local artists. This exhibition incorporates the Alexandrina Art Prize, total prizes \$13,000. Contact 0418 275 376. Open 7 days 11am-4pm. Signal Point Gallery, Goolwa Wharf.

## April 12-21

The fifth biennial Leafy Sea Dragon Festival from April 12-21. For a complete program guide visit: [www.lsdf.org.au](http://www.lsdf.org.au) (see page 9).

## April 13-14

The Goolwa Aquatic Club is presenting its spectacular Aquafest. Boats will zoom past at 200km/ph, and all the action is free both days. Features on the day will include 25hp / 550cc outboard racing class event, racing skiffs, historic ski boats and hydroplanes, formula tunnel boats, displacement race boats, and blown alcohol displacement raceboats.

**TAXI**  
VICTOR HARBOR - GOOLWA

**13 22 27**  
4 & 6-person taxis  
8 person ACCESS cab

**Office: 8552 3322**  
Major cards accepted



**Tyrepower**

**Get the power of Australia's  
BIGGEST INDEPENDENT  
VICTOR TYREPOWER**

**Scott & Judy Bray**  
170a Hindmarsh Road  
VICTOR HARBOR

**8552 1800**  
[victorharbor@tyrepower.com.au](mailto:victorharbor@tyrepower.com.au)  
[www.tyrepower.com.au](http://www.tyrepower.com.au)

**ANCHORAGE**  
Café • Restaurant • Wine Bar

**ENJOY ALFRESCO  
DINING ON OUR PATIO**  
• Cosy Log Fire  
• House Roasted Coffee

**Open 7 Days from 8am**  
**8552 5970**  
21 Flinders Parade  
Victor Harbor



You'll love  
every day  
of your  
new lifestyle.

We will double the  
**\$8,500**  
Housing  
Construction Grant

Buy now  
**SAVE  
\$17,000**  
Offer expires  
30/6/13

Located at the edge of the Murray River and just a stroll from superb views of the wetlands, Lakeside Goolwa is a 'village-style' estate, providing an unrivalled level of lifestyle living for the over 50's.

Architecturally designed  
homes

**STAGE 1  
NOW SELLING  
FROM \$289,000**

Lakeside Goolwa has it all - a private marina, indoor swimming pool, recreation centre and beautifully landscaped boulevards. The architecturally designed homes are specifically created to combine beautiful interiors and fittings with comfort and easy living around a large, fashionable flow-through dining and living area that opens up to a verandah deck - ideal for entertaining. You'll love it.

For more information or opening times, call us on (08) 8555 2737, visit our website [www.lakesidegoolwa.com.au](http://www.lakesidegoolwa.com.au) or drop us an email at [sales@lakesidegoolwa.com.au](mailto:sales@lakesidegoolwa.com.au) 39 Noble Avenue, Goolwa North.

Show home now open.

*Retirement living you'll just love*  
**Lakeside**  
Goolwa

# Welcome to a new era at Lakeside Goolwa

## Show home proves a big hit

The new Lakeside Goolwa Show Home at Noble Avenue, Goolwa North has been a great hit with everyone who has visited – and they have come from afar and surrounding areas. The overwhelming response has been one of surprise in regard to the quality finishings and attention to detail. The comments have included “beautiful, with great finishes” and “it really is well designed and a great use of space”.

Photographs of the Lakeside Goolwa Show Home were recently taken by talented local photographer Dana Fatchen, some of which are included in this newsletter. As you can see, she has done a fantastic job... yet another example of brilliant local artistic talent.

The Lakeside Goolwa Show Home is The Coorong design which is one of seven great floor plans on offer. We encourage you to form your own opinion by visiting the show home – it's open every day from 9am-5pm.

## Now available – new three bedroom options

The feedback from the many visitors to the Lakeside Goolwa Show Home has been great – and we have taken note of all the comments. They include an option for a three-bedroom design, so off we went back to the architects. The outcome is three fantastic three-bedroom designs to complement the four two-bedroom designs. Thank you for the feedback!

These new releases create yet another choice... turning the third bedroom into a home office or entertainment room. And when the kids or grandchildren lob for a great holiday stay, it won't take much to make temporary adjustments to fit in more sleeping space. This is about room to move.

It's also about working with the clients. We went to our architects at Aspex Building Designers, a quality South Australian company, and said we needed to consider an option for a third bedroom. The response – and the professionalism – was brilliant, and we have no doubt that this will add further appeal. The feedback has already been positive, and now the project has been enhanced.

## Civil works start after Easter

Easter is early this year – March 29-April 1 - and we can't wait ... the civil works for Stage 1 are scheduled straight after.

This great news will see the site come to life... the dream turning into



fruition and people starting to visualise all the great facilities they will have on offer at this unique site at Lakeside Goolwa.

## Housing Construction Grant

Don't forget that the State government's Housing Construction Grant of \$8500 is available to everyone who signs up to buy a new home by June 30 this year.

And, as a special offer, we're also matching this grant up until June 30 making a fantastic discount of \$17,000, taking the price of the two-bedroom homes down to just \$272,000.

Don't miss out!

## There is NO deferred management fee!

We believe the Lakeside Goolwa concept is impressive – and that's what people are telling us – but what sets it apart is the fact our plan looks after you and your family.

With us there is NO deferred management fee. It means that when you sell the house, Lakeside Goolwa does NOT charge 25-35 per cent of the sale price. Long term, this may be a crucial factor for your family when it comes to helping them.

There are no hidden catches, and as with any investment we encourage you to talk over the terms and conditions with a family member or someone you can trust. We're here to work with you answer any queries that you may have. Lakeside Goolwa is as much as about living the lifestyle today as it is protecting you and helping you and your family in the future.

Lakeside Goolwa is also about quality living in peaceful surrounds – and having the peace of mind that your investment is sound.

Enjoy life today!

– Andy Ward, part-owner, Lakeside Goolwa

**You'll love everyday of your new lifestyle.**

**Architecturally designed homes** • FOUR STAGES • LOW MANAGEMENT

**The Murray** • Incredible open-plan living with a view.

**The Fleurieu** • Contemporary apartments including design.

**The Coorong** • Live the design, embrace the lifestyle.

We will double the  
**\$8,500**  
Housing  
Construction Grant

Buy Now  
**SAVE**  
**\$17,000**  
Offer expires 30/6/13

Call Today (08) 8555 2737  
[www.lakesidegoolwa.com.au](http://www.lakesidegoolwa.com.au)

**Lakeside**  
Goolwa

# Goolwa & District Community Bank® Branch



## \$61,179 in community support thanks to U

With every product or service we offer, money goes back into our community.

Since the beginning, we've contributed to the following organisations:

### Community organisation and funds contributed

South Lakes Golf Club	\$190	Goolwa Surf Lifesaving Club	\$1950
Hindmarsh Island Landcare Group	\$200	Create & Connect	\$2000
The Friends of Oscar W	\$200	Goolwa Rotary Club (St Johns trailer)	\$2000
Goolwa Senior Citizens Association	\$370	Milang Community Centre	\$2300
Port Elliot Surf Lifesaving Club	\$250	Wildlife Welfare Organisation	\$2600
The Happiness Club Victor Harbor	\$250	Goolwa Children's Centre	\$2600
Investigator College	\$300	Mt Compass Scout Group	\$3569
1st Goolwa Sea Scouts	\$750	Chiton Rocks Surf Lifesaving Club	\$5000
Victor Harbor High School Volleyball Team	\$800	Milang to Goolwa Freshwater Classic	\$6000
Goolwa Aquatic Club	\$1300	SA Wooden Boat Festival	\$10,000
Goolwa Cricket Club	\$1500	Goolwa Netball Club	\$15,200
Community Living & Support Services	\$1500		

*"Today we did something special for our community, another \$10,000 reinvested by the customers of the Goolwa & District Community Bank® Branch"*



Good for U and your community

[www.bendigobank.com.au](http://www.bendigobank.com.au)





Leafy Sea Dragon Festival chair Lorraine McLoughlin, Yankalilla Council CEO Adrian Scull, and Visitor Information Centre coordinator Natasha O'Leary, who has been heavily involved in the promotion, at the official launch in front of a poster highlighting a Leafy Sea Dragon.

## Sea Dragon festival expands

Yankalilla will turn on its fifth biennial cultural and artistic experience with its acclaimed Leafy Sea Dragon Festival from April 12-21.

The event has grown from a small exhibition to 10-day festival featuring 10 artists extending a warm invitation to their studios, many other art and craft exhibitions, literature and music performances, youth and children's activities an opportunity to immerse in the local history and splendour of the environment, and a magnificent trail of superb eateries and wine stops.

There is something for everyone at this festival, and of course, it is about the endangered leafy sea dragons – South Australia's marine emblem for marine conservation – which are only found in southern Australian waters, from Kangaroo Island at the eastern end of its range, westward to Jurien Bay and 220km north of Perth. They are regularly sighted by divers off Rapid Bay and Edithburgh.

Lorraine McLoughlin, chair person for the festival, said the festival concept was developed by a group of business people when trying to work out how to attract visitors to the district.

"One of the members, Erika Inhofer, of Studio 13, came up with the idea of a festival honouring the leafy sea dragon and went to the Yankalilla Council and sold them the idea," Lorraine said. "The community has embraced the festival, and it could not be possible without the generous support of council, sponsors and especially the many volunteers. Festival secretary Glenda Trigg said the festival was a real community event for everyone to enjoy, and was proud to say it had grown

bigger and better every time, starting with 7000 participants in 2005 to 15,000 in 2011. Yankalilla Council chief executive Adrian Scull said the festival represented a \$20,000 investment by the council, but believed it would bring more than \$100,000 to the local economy in return.

"It is an investment for the whole community," Adrian said. "It is not just Yankalilla, but Normanville and the entire region.

"It is a huge challenge promoting an event for the community because there is so much happening. People don't know Yankalilla and how beautiful it is; they use it as a drive-through for Kangaroo Island, and a lot of people of Yankalilla keep it as a little treasure. This festival is a showcase of our town and its surrounds."

**For a complete program guide visit:  
[www.lsdof.org.au](http://www.lsdof.org.au)**



**Personalized Pooch**

We can personalise your pet...  
design clothes, shoes & hats for  
dogs & cats. We can even put a  
name or saying on a jacket or outfit.

**3 Cadell St, GOOLWA**  
**8555 5993**  
**[pooch@personalized.com.au](mailto:pooch@personalized.com.au)**



## FEASTival at Kangaroo Island

Kangaroo Island will be opening its doors to all of its gourmet delights and fine wines with its annual six-day FEASTival next month.



It brings together some of our finest chefs and food experts and some of our finest restaurants, wineries and places of exceptional food invite you to join them. The FEASTival will be held from Thursday, April 25-Tuesday, April 30, and has been described as a culinary and wine lover's adventure. The features include a Sealink launch with George Calombaris from MasterChef Australia, a Roman Banquet with Maggie Beer, an invitation by local chef extraordinaire Andrew Fielke, plus a Novatech and Adelaide Film Festival film-food dinner.

Kangaroo Island's most gifted chefs and winemakers will demonstrate and present their finest, and overall there will be about 20 gourmet events created around Kangaroo Island with each event inspired by the Island's stories locations, history and, of course, those behind the food and wine. One of the real highlights for many will be the fabulous table surfing. It's an opportunity for anyone to join locals for a shared table dinner prepared by them in their own home, much like knocking on the door and inviting yourself – but organised, of course. The degustation of dining events will include overnight stays, picnics, casual lunches, dinners, cooking comps and interactive and educational dining/events. Overall, it promises to be a sensational six days.

**Find out more at: [tourkangarooisland.com.au/kifestival](http://tourkangarooisland.com.au/kifestival)**



**Prop: Julie Bedford & Paul Simmons**  
**LOCALLY OWNED AND OPERATED FOR**  
**MORE THAN 30 YEARS**  
**20 Cadell St; GOOLWA**  
**8555 2290**  
**ah: 0417 868 272**  
**e: [goolwa.priceline@nunet.com.au](mailto:goolwa.priceline@nunet.com.au)**  
**Mon-Fri 8.30am-6pm; Sat. 9am-1pm /**  
**Sun & public holidays 10am-1pm**

# New measure of success for students

Being successful in school no longer seems to be just about a student's individual potential. Researchers, leaders in education and students from around the world are voicing their opinions on 'how to be successful' in the students' final years of school and preparing them for university.

Not surprisingly, many of the things they are recommending apply to balance, support, setting goals and participation which form the core ingredients to senior school success.

Among the great supporters of this recipe for success are Will Miller and Georgie Thomas, who both graduated from Investigator College in 2012 with amazing adjusted ATAR scores of 99.95.

They believe the middle and senior schoolings structure, teachers and support offered at Investigator College had contributed to their success and prepared them for university life. Georgie, who represented the college and state in national surfing competitions last year, said achieving good results in SACE took commitment and time.

"Having the support of teachers and being encouraged to participate in extra-curricular activities within the College community really helped me to maintain a balance between work and play," Georgie said.

Will believes Investigator's two-campus set up with its specialised facilities, independent study time and subject choices made him feel

like he had ownership of his future.

"Within this structure and with the support of my family and teachers I was able to set goals and keep focused," Will said.

Andrew Panozzo, director of teaching and learning and deputy principal at Investigator College, said in addition to being subject experts, the staff understood that building and maintaining learning partnerships with the students and their families was the cornerstone of authentic learning. He added that although the college was proud of the significantly high SACE results that were achieved by its students, success was not simply about high ATAR scores.

"We believe that, especially in this age of globalisation, the greatest gifts we can bestow upon our students are the capacity to think



critically, justly and globally, the ability to set, adjust and achieve goals in an ever changing world and self-confidence, resilience and pride," he said.

This attitude towards holistic success for individuals was obvious in the overall pathways that the Class of 2012 chose, and included numerous specialised study areas like hospitality, visual arts, drama, music, vocational and agricultural studies.

Don Grimmett (pictured), Principal and CEO of Investigator College, said whilst the college was justifiably proud of its superb results, it was mindful that the SACE and academic results were only one part, though obviously an important one, of what it meant to be successful in the 21st century.

"As a parent myself, I understand there is no simple number that can measure all the other things that amount to success for our children," Don said. "Elements such as pastoral care and co-curricular activities play an immeasurable role in enriching students' lives and preparing them for life school.

"The greatest success to us as a College is seeing our students graduate as responsible, resilient citizens, who have developed the skills for lifelong learning and discovered their individual talents, passion and drive."

## ... and new way to help community

Events like 'Clean Up Australia Day' provide us with an opportunity to 'get involved' by volunteering time for the greater good of the community.

However, even on this national day of community service it does seem that the younger generations have all but forgotten the real meaning of being part of a wider community.

It is warming to learn that schools across the Fleurieu encourage students to participate in structured community activities on a regular basis, but even more encouraging to see middle school students at Investigator College taking their service to the community that one step further.

Each Friday afternoon students in Years 7-9 participate in a student enrichment program called STEP. Students select from a range of electives which includes a compulsory unit of community service.

Over the past month students were involved in a range of voluntary activities including painting, planting trees, cleaning gutters and windows and putting together benches at the Port Elliot Netball Club, and painting coaches boxes and a ticket box for the Victor Harbor Football Club.



The program has been a great success so far, with students feeling empowered because they are making a difference. They are contributing, and they are giving something back adding to the health and wellbeing of the wider community.

The students are set to take on new challenges this month, including helping a magnificent organisation, Riding For Disabled. And if you are part of one of the many outstanding groups that really help to make our community special, Investigator College is looking to take on more community projects that may be undertaken in Terms 3 and 4.

Members of the community are invited to email possible project suggestions: [learn@investigator.sa.edu.au](mailto:learn@investigator.sa.edu.au)

Are you a  
**Bookaholic!**  
Do you feel that you spend too much  
on books?  
If YES .....  
You need to join our support group  
and reward your reading.  
It's FREE  
Ask our friendly staff for more details:  
**pages & more**

32 Ocean St, VICTOR HARBOR T: 8552 2799

**OJ COMPUTERS**  
SALES, SERVICE, REPAIRS & SUPPORT  
FOR ALL YOUR  
COMPUTER NEEDS...  
HOME OR BUSINESS  
OLIVER AMBROZ  
T: 8552 4442  
M: 0412 581 439  
[WWW.OJCOMPUTERS.COM.AU](http://WWW.OJCOMPUTERS.COM.AU)

**Play table tennis**  
Great Southern Table Tennis welcomes all comers to play this great game.  
Beginners and experienced players are all catered for at the Port Elliot Institute  
Hall on Thursday nights 7.30-9.30pm and Fridays 10.30 am-3.30pm.  
Contact John 85529525 or Gavin 85542897



When Cory Hennessy has his birthday on Sunday he will celebrate his 100th. No, he'll be 27 years. We're talking days since he had a double lung transplant. He has cystic fibrosis, and is struggling to find adequate words to tell a grieving family in Victoria what their transplant gift actually means to him. This story is his way of saying "thank you" to them and their beautiful young girl whom he will never know.

# *Carpe diem...* seize the day

Cory Henderson is like a lot of lads. He wants to do an apprenticeship, possibly in the electrical field, see Las Vegas, New York and catch a NBL game – definitely the LA Lakers – and maybe in a few years put a deposit on a house.

At 27, he's not really a lad anymore, but he feels like he's about to go through his teenage years all over again. A sufferer of cystic fibrosis – or CF as they call it – Cory had a lung transplant on November 30, and according to his gifted surgeons and other medical staff, the operation could not have gone better. Now he's ready to start living as if there really is no tomorrow.

Of course, he has his restrictions, and there are still issues to get through like taking 60 tablets a day to help his serious stomach problems and continue the fight against transplant rejection. Basically, his DNA wants to kill-off the new lungs, so his immune system needs to be low to a concerning level to help things settle. Fortunately, nothing seems insurmountable; he can win this game in extra time and enjoy a far better quality of life.

Cory, who lives at McCracken, has always taken a positive outlook, highlighted by the tattoo on his back: *Carpe Diem...* Latin for *Seize the Moment*, which remarkably was later used by the Cystic Fibrosis Australia as its theme.

Family and friends say he's never complained about his condition. All his life mucus has gone through his bloodstream, and blocked ducts – especially in the lungs causing infection and ultimately serious deterioration.

Getting to his current destination definitely has had its dark turns, but Cory wanted to



go over the trail to tell the many other CF sufferers it's not always about doom.

"My first admission to hospital came at three months old, and I didn't have another until I was three," Corey said. "At four, I knew I was different. From there I went into hospital every two or three years, then every year and last year up to five times a year. My lung capacity went from 100 per cent to 28.

"I wasn't really frightened; I always thought I'd be okay; just a stumbling block if you like. The drugs and antibiotics got better and the medical profession has learned more... I wasn't supposed to see my 21st birthday so it was special for my mum and dad (Mick and Sue) when I did, and then the life expectancy went to the late 20s. Now it's 37. You live in hope because you can see the fundraising they do go into research, and you see the impact first hand.

"Because we are living longer we are experiencing different issues, but you just cope with them. I have always considered that I have been lucky with it; I haven't been too bad compared with others with CF, and I wasn't in hospital almost all the time like some when I was younger.

"I knew it was terminal from when I was 10, but you learn at a young age to get just on with it. A friend of mine, Sarah, who was a year older than me, passed away when she was 14, and that set me back, but you can't show that.

"When I grew up in Gladstone I had two lives or two sets of friends; those at school and those I saw in hospital. I thought that was good,

but since 2006 it has been pretty rough; I've seen nine of my hospital friends go.

"All the times I went into hospital not once did I think 'this is it'. You know you are going to get the best possible treatment; you just don't think about it. My survival instinct has always been positive.

Continued P11

*For your diary!*

**Cafe Monday-Sunday 9am-4pm**

**Restaurant lunch Monday-Sunday noon-3pm**

**Dinner Friday-Saturday 6-8pm.**

*Enjoy with friends!*

**No. 1 The Foreshore, Horseshoe Bay, Port Elliot**

**F: 8554 1928 e: [contact.flyingfish@gmail.com](mailto:contact.flyingfish@gmail.com)**



**T: 8554 3504**

From P10

"Sure, every now and then I have a downer, but overall I am mentally strong, whereas some others struggle. I can understand that."

A mate of Cory's has been on the transplant waiting list for more than two years, but he's still doing fine, so when a nurse from Prince Alfred Hospital in Melbourne contacted Cory after just three and a half weeks to say there may be a suitable donor, it came as a shock. "I thought, this is it; I don't want to go," Cory said. "It was just overwhelming, and of course, I was glad I did go."

"We were home, and about quarter to seven on a Thursday night, the 29th of November, and we were just about to go out for dad's birthday. The next thing this bloke named Jamie rang and said they might have some lungs for me. I went as white as a ghost. I was told to pack a bag and leave in 15 minutes. All I was told was that the donor was a girl, and she was younger than me. "We got to Adelaide Airport, went straight to the Royal Flying Doctor Service, and I was in the air at 8.20. We got an ambulance from Essendon Airport to the hospital, and while I was being prepped the doctors were waiting on two vital factors relating to the other lungs; they were a perfect match. "There are a lot of cases whereby the recipient is there all ready to go, and it is called off at the last second because it is not quite a match. It was an unbelievable feeling when I heard,



*"Sometimes I have woken in the morning thinking this could be my last day, but ever since that night of the operation I have been waking up thinking this is my first."*

**– Cory Hennessy**

Geoff McRostie (doing print finishing work at SA Design & Print, the printer of *Coast Lines*) for almost six years, and we have been through a lot together.

"I managed the shop in Whyalla for Geoff... he knew the risks, but he took me on. It wasn't easy for everyone, what with me not being well. Each time I got worse the oxygen wouldn't get to my brain so I'd forget things. I'd put something down and a minute later I would not know where."

Geoff said Cory's attention to detail, his work ethic and eagerness to learn had always been incredible. "In all the time I have known him I have never heard him complain, and I doubt whether anyone else has," he said.

"We knew that Cory had cystic fibrosis, but to be honest we never really knew anything about it. This has been a real learning curve. He's had a huge impact on this place; we are all better people for knowing Cory. He's an incredible lad."

Cory played football in Gladstone to the best of his ability until he was 17, did a double diploma in event management and sport and recreation, and has been respected by everyone at the Victor Harbor Football Club having served on the committee and produced a weekly match guide. This obvious determination suggests he will do an apprenticeship and rock Vegas. Somewhere along this remarkable journey someone forgot to tell him his life was going to be too short to be such an achiever. Well, Cory Hennessy has beaten the odds. His new life turns 100 days on Sunday, and now he's got the capacity to blow every one of the candles out. Happy birthday mate. 🕯

**If you would like more information on organ and tissue donating, and cystic fibrosis, or would like to make a donation to help these great causes, please visit:**

<http://www.transplant.org.au/>

<http://www.cysticfibrosis.org.au/sa/>

## Success comes with patience...



### Examine the results

Phil Watson 0422 291 204  
e:phil@docadamswines.com.au  
www.docadamswines.com.au

Goolwa Aquatic Club - Goolwa  
Hotel Elliot - Port Elliot  
Victory Hotel - Sellicks  
Beach House Cafe - Encounter Bay





# Cheese the old whey

**D**rive off the main stretch at Mount Jagged along Synyd Road and you will find a tin cow at the front of the Alexandrina Cheese factory. A gimmick, and tourists and kids love it.

But the subtlety, even unintentionally, is noted; a symbol of one of the few mechanical, albeit motionless, creations at this place. There, in the hills are the real cows. There's Madonna and Whitney from the rock star Jersey family, Opal, Diamond and down to Tourmaline from the rock and minerals group, Zelica from the zed mob, and the mandatory Daisy and Grace. The naming process makes it easier to identify the blood lines.

According to Rebekah McCaul, 33, a fourth generation dairy farm girl and a fifth generation in the cheese game, Jerseys are collectively the "Kylie Minogue's of the cow world" with their big eyelashes. The affection for their "girls" is genuine, because her dad, Dan, and mum, Krystyna, who started Alexandrina Cheese 12 years ago, and have worked the dairy farm since 1978, suggest they are the secret to the amazing success and reputation of their multi-international and national award-winning cheeses. Rebekah pushes the "paddock-to-plate" line, which is understandable considering this is possibly the only specialty cheesemaking operation in Australia that doesn't buy its milk. What comes out of a cow in the morning is made into cheese in the afternoon. And these little beauties, compared with those big black & white Holstein plodders down the road, produce far richer milk with higher protein and



**Madonna and Zelda off to pasture.**

higher butter fat content making it ideal in the cheesemaking process.

But as much as Madonna is the *Material Cow* on the hill alongside Tina Turner doing her *Nutbush City Limits* routine, the real key to the success of Alexandrina Cheese – established 12 years ago in the wake of the regulation of milk in the late 90s that wiped out the under-50 herd operations – lay in the family tradition. On Dan's side was his grandfather Jerry, an Irishman, and father, Kevin, who took over the family's cheesemaking business and in 1963 became the superintendent of eight major cheese factories in SA, the days when there were 33 all-up and now there is just one, in Jervois.

On Krystyna's side was her father, Zbigniew Manowski, a real character better known as "George". He left Poland in 1947 and when he disembarked from the boat at Fremantle he saw an Italian with a wheelbarrow with more than 20 watermelons. George took his only pound note out, and in broken English, asked to buy one. The Italian spoke less English, got confused, took off his apron, and George realised he had just bought his first business. He then took all of his newly-acquired water melons on the ship and sold every one, returning his one pound and more. There is a touch of romanticism in these backgrounds, but it tells you of the adventurous bloodlines in this family. There is also dear grandma Cathe Manowski, 87, who still lives on the farm.

Now, with an incredible passion for the noble art of cheesemaking, Dan the creator, Krystyna the chief executive with the equivalent of eight full-time staff, Rebekah the exuberant promoter whose respect for her family tree is profound, and her tacker, Jozef, who one day may also be serve the tradition on a platter, this journey continues.

Dan, 56, admits to taking a huge risk diversifying from just milking Jerseys – these days 70 – on his 109-hectare property landlocked by vineyards, but with the milk prices volatile it was the best option.

"Our biggest advantage has been our family knowledge," Dan said. "And even with that it has taken a long time to make the cheesemaking tick along.

Continued P14

“

*It's not an easy road to go down, but in saying that you could not find a better place to start than South Australia, especially on the Fleurieu, which has been great to us.”*

– Dan McCaul (pictured), head cheesemaker at Alexandrina Cheese

From P13

“Dad was nearly 80 when we started, and his problem solving abilities in the early years was invaluable. He turned up for work like a 16-year-old, and you don't find people like that anymore. (But Rebekah does, as she looks at her dad).

“When making cheese it is really important to understand the science and what makes the cultures work. Having a good raw ingredient in milk is No.1, and having some understanding how to look after that process is of equal importance.

“We are doing some old tradition cheeses.... cheddar that goes back in time; simple stuff that has been done for a long time. And we are following family recipes.

“When the chefs ask us what new products we are making, I usually groan because it is a reminder that we sometimes need to do different things. We sell young cheddar as fresh cheddar curd, and people from overseas, especially Canadians, cannot buy enough. It's like an oyster; it's about acquiring the taste; squeaky, fresh and salty, and we are the only ones selling it in Australia.

“We are among the few cheesemakers who add caraway seeds gouda providing an aniseed, fennel, aromatic flavour... it is beautiful melted or straight off the plate.

“The first day I made Caraway I rang dad and asked how much seed to you put in... 20



minutes later a fax came through and an old recipe from 1958. It was in ounces and gallons; it was amazing they had kept it... an example of the value of family tradition.”

Alexandrina Cheese manufactures 10 varieties of cheese – predominantly hard and semi-hard thanks to the 20l of milk every day from each Jersey, and luxury dairy products like pure Jersey cream, cream fraiche, full-cream Jersey milk, yoghurt and ricotta.

Dan believes the art of cheesemaking is experiencing a positive resurgence with the opening of Australia's first Artisan Cheesemaking Academy at Regency TAFE in August last year, designed to address the training gap for small scale operators. However, he added that from a commercial operation point of view, the challenge remained enormous but not necessarily insurmountable.

“There are a few barriers,” he said. “It is a capital-intensive industry, and we're making cheese with very little automation. We use machinery for milling the blocks of curd and to stir the cheese, but predominantly it is made by hand made the old way. Again, the advantage of not having to buy the milk is huge.


“It's not an easy road to go down, but in

saying that you could not find a better place to start than South Australia, especially on the Fleurieu, which has been great to us.

“I would estimate that 99 per cent of our sales are South Australian. The support has been awesome, and we are grateful. We have a mix of different customers; gourmet and retail resellers, and from a hospitality point of view the chefs are keen to promote local produce.

“When we made our first cheese I remember Krystyna and Rebekah going out to approach the local retailers in Goolwa to Victor Harbor, and their response was overwhelming. It is something that we will never forget, and to me it is just typical of the people of this region. For us and others to launch new products, and have the local chefs keen to use them, is special.

“Without the locals supporting us we would not be here, and some have bought our products for 10 years.”

Zbigniew Manowski and Jerry McCaul would be proud, as should be everyone on the Fleurieu; this is a real gem on our food trail. By chance, if you are not doing anything tonight, Gladys Knight and the Pips from the rock star bloodline group are performing near the Mount Jagged roadside. Mootown music at its finest. 

**Currency Creek Winery's**  
**FRIDAY NIGHT**  
**'T-NIGHT'**

**Try our autumn specials!**

Entree, Main & Dessert  
FREE 2 glasses of wine  
**3 Courses**  
**\$35.00**

Every Friday night is a new menu!  
Book Today  
8555 4013  
bookings@currencycreekwinery.com.au  
Winery Road, Currency Creek

**VICTOR HARBOR**  
**DISCOUNT TYRES**

Mark Scabissi

165-167 Hindmarsh Road,  
Victor Harbor SA 5211  
Phone: 08 8552 6951 Fax: 08 8552 7056  
Email: victortyres@internode.on.net

*Find us behind the Shell Service Station*

**The OFFICE Shop**

- ☒ All Your Office Supplies
- ☒ Mobile Phones & Tablets
- ☒ Home Phone & Internet

Your Only Local Telstra Dealer on the Fleurieu

**DEALER Telecoms**

14 Coral Street  
Victor Harbor SA 5211  
(08)8552 2177  
www.facebook.com/letosvh



# Care for your Car with GRAND NISSAN Morphett Vale

*Introducing a new column by Mark Veldhoen, the service manager at Grand Nissan, 345 South Road, Morphett Vale, where he has worked for 14 years.*

One of the biggest issues with car servicing is that some people do not understand the warranties enough. They tend to wait until the 10,000kms are up rather than every six months because they think, well we haven't used it much so everything should be fine.

The problem is that you get a lot of moisture build-up in oil, whether it is in a barrel, tank, a container at home and especially in your engine because of the natural dew overnight. However, when you start your engine in the morning the oil gets hot and the moisture evaporates. However, if you only use your car every now and again and only do a few kilometres, that moisture build-up gets too great and doesn't burn off. It breaks down the component of the oil a lot quicker. It means it is just as important, or a lot more, to get the service done in six months than waiting until 10,000km which might be 12 or 18 months.

It is also important to understand there can be a huge difference between the types of oils. Basically, with dealerships you need to use a recommended grade of oil which you find in the front page of your service book. Brand wise, every dealer obviously prefers to use the genuine oil they recommend, but as long as the specification of the oil, which is written in the service book, is correct, this is fine to buy it elsewhere.

Basically, new vehicles recommend a specific grade of oil, and if you don't use that the performance is diminished.

Using the wrong oil can be serious. For example, if you don't use a low-ash grade oil or a full synthetic oil – about \$120 for two 5lt containers – on a vehicle with a DPF (basically for pollution) filter the filter may get clogged. As the pollution or pressure builds up the computer tells you there is a serious problem and eventually it can lead up to the cars coming back here.

To do a service you are talking about \$120 worth of oil. If you go to another non-franchise dealer or say a supermarket store they may say the service price is \$100 cheaper, but if they don't use the recommended oil it is going to cost you a lot more in the long term. People do not have to go to the franchise where they bought the vehicle, but they need to make sure they use genuine parts and oils to cover themselves. It can affect the warranty. Part wise, including oil filters, there is really not much difference between the prices. Oils are not an issue here at Grand Nissan because we do not charge for oil; it is part of the one cent deal. As an example, for a Nissan Navara you get a minimum \$120 off your service. It is worth driving to the dealership.

My biggest challenge is trying to get rid of the perception of dealers being too dear. They think it is a scam. If the price we give when people book their car in is just one dollar more than we quoted we ring first before doing any work; there are no surprises. If, for whatever reason, it does happen the service advisor will have to pay for the difference. People say, yeah, you boost everything up to pay for the one cent oil deal, but we cannot do that because Nissan has capped-price servicing, which is all over the internet.

No Nissan dealer in Australia can charge any more than these set prices. We use these prices and then take the price of the oil off. People ask; what's the catch, and there is none. Again, the service prices are pre-set, they are clearly stated by Nissan on the internet, and we deduct the price of the oil. It is as simple as that. And you are guaranteed of getting the right type of oil for your car. Check it out: [grandnissan.com.au](http://grandnissan.com.au)

**Grand Nissan**  
**345 South Road, Morphett Vale**  
**T: 8326 3377**

# Well done everyone



First it was "Busting Out" with ladies painting their bras last October to raise much-needed funds for breast cancer research, and we asked: what next?

Well, the girls haven't lowered their enthusiasm – they're holding a "Bust'n Out with Scarves" day, Wednesday, March 20 from 2-4pm at Signal Point, Goolwa. The idea is donate a scarf or two, and then buy a pre-loved one for \$5-\$20 – again, to support breast cancer. Call Vanessa on 0419 848 197.

There's also a High Team afternoon with a magnificent spread of cakes and biscuits on October 13.

The Busting Out day last October raised \$6000, and it is pleasing to report funds have already been used to assist local people in various ways. It has been about local donations helping those in need within the community, and well done – and a big thank you – to those who supported this great event.

And well done to everyone who helped, particularly the organisers and magnificent supporters of this wonderful cause pictured above (from left) Vanessa Mulhall, Cheryl Baxter, Rosemary Sage and Caroline Margaret.



## Relay for Life

**Encounter Bay, Friday, April  
13-Sunday, April 14**

**It's not too late to support  
this great cause in 2013.**

**Contact Claire Fuller 8554 2939 or  
Karen Dutton 8552 4840**

# It was Goolwa's 'boast' festival

Tens of thousands flocked to Goolwa for the 13th biennial South Australian Wooden Boat Festival, and it was the best this River Port town had to offer.

It wasn't just about the magnificent 258 wooden boats including 26 from interstate and six paddle steamers on show, the special guest appearance of internationally-acclaimed television actor and Welsh character Griff Rhys-Jones and other streams of entertainment, but the town itself. Overall, it presented an idyllic picture.

There were moments when wooden boats did their traditional sail-past to commemorate the opening of the festival and the old, green giant steam engine, the 621 Duke of Edinburgh, was chuffing behind – it was a wonderful sight.

While the Alexandrina Council and its staff did a superb job picking up this event and playing a huge role in making it successful, this was also very much about the 150-plus volunteers and those who have worked immensely hard putting on these festivals since the humble beginning.

They included Roly Bartlett, who was the driving force of the first festival in 1989, the men of the Armfield Boat Shed over the years, current president of the SA Wooden Boat Festival Mike Moseley and other members of his organising committee, and Wendy Watson, who has played a huge role in organising the festival over the past decade.

But above everything, the festival was a huge success because of the owners of the wood-



en boats who went to a lot of trouble – in some cases personal expense – to share the passion for their boat. While Goolwa had every right to boast about presenting yet another first-class event, enough acknowledgment could not be given to these owners who undeniably made the show. They did it well.



## Victor Harbor Golf Club

(Incorporated)

A Member's Club that welcomes visitors

**FULLY LICENSED BAR**

**GOLF**—Book your round on 8552 1713

**MEMBERSHIPS**—Enquiries on 8552 2030

*Navigators'*  
Restaurant

**MEALS—COFFEE—VIEWS**

**BOOKINGS & ENQUIRIES ON 08 8552 2030**

**126 INMAN VALLEY ROAD VICTOR HARBOR**



**Phone 08 8552 5700**

28 Ocean Street, Victor Harbor SA 5211

[www.allsweetsandtreats.com.au](http://www.allsweetsandtreats.com.au)



### Les Miserables

(M) starring Anne Hathaway, Amanda Seyfried, Hugh Jackman, Russell Crowe, Sacha Baron Cohen. Musical, drama. An adaptation of the successful stage musical based on Victor Hugo's classic novel set in 19th-century France, in which a paroled prisoner named Jean Valjean seeks redemption. Fri, March 8: 10.50am, 1.45pm; Mon, March 11: 2.30pm.



### Quartet

(M) starring Maggie Smith, Michael Gambon, Billy Connolly, Pauline Collins. Drama. Directed by Dustin Hoffman. Cecily, Reggie and Wilfred are in a home for retired opera singers. Every year, on October 10, there is a concert to celebrate Verdi's birthday and they take part. Jean, who used to be married to Reggie, arrives at the home and disrupts their equilibrium. She still acts like a diva, but she refuses to sing. Still, the show must go on... and it does. Fri, March 8: 2pm, 4.45pm; Sun, March 10: 3.25pm; Mon, March 11: 12.30pm, 5.30pm.



### Oz, the great and powerful

(CTC) starring Mila Kunis, Rachel Weisz, James Franco, Michelle Williams, Zach Braff. Fantasy. When small-time magician Oscar Diggs (James Franco) pulls one flimflam too many, he finds himself hurled into the fantastical Land of Oz where he must somehow transform himself into the great and powerful Wizard and just maybe into a better man as well. Fri, March 8: 4.05pm, 6.30pm, 8.55pm; Sat, March 9: 11.35am, 4.05pm, 6.30pm, 8.55pm; Sunday, March 10: 2.50pm, 5.15pm, 7.45pm; Mon, March 11: 2.45pm, 7.30pm; Tues, March 12: 6.30pm, 8.55pm; Wed, March 13: 6.30pm, 8.55pm.



### Beautiful Creatures

(M) starring Emmy Rossum, Alice Englert, Emma Thompson. Drama. The tale of two star-crossed lovers: Ethan (Alden Ehrenreich), a young man longing to escape his small town, and Lena (Alice Englert), a mysterious new girl. Together, they uncover dark secrets about their respective families, their history and their town. Fri, March 8: 6.45pm; Sat, March 9: 11.50am, 2.15pm, 6.45pm; Sun, March 10: 1pm, 7.30pm; Mon, March 11: 7.15pm; Tues, March 12: 6.45pm; Wed, March 13: 10.30am\*, 6.45pm.



### I Give It a Year

(M) starring Simon Baker, Rafe Spall, Rose Byrne. Comedy, romance. A look at the trials and tribulations of a pair of newlyweds during their first year as a married couple. Fri, March 8: 10.45am (mums & bubs), 9.10pm; Sat, March 9: 2pm, 4.40pm, 9.10pm; Sun, March 10: 12.45pm, 5.30pm; Mon, March 11: 12.40pm, 5.10pm; Tues, March 12: 9.10pm; Wed, March 13: 10.45am\*, 9.10pm.



Coming soon – check times: [www.victacinemas.com.au](http://www.victacinemas.com.au)

### Save Your Legs

Starts March 15. (M) starring Damon Gameau, David Lyons, Brenton Thwaites, Brendan Cowell. Comedy. An inspirational journey from the heart of Australia to the soul of India. It's the story of one man who refuses to lose his park cricket team to the realities of growing up. An uplifting adventure filled with comedy, cricket and Bollywood music, SAVE YOUR LEGS! is an odyssey from the suburbs to the sub-continent in pursuit of a lifelong dream.



### Goddess

Starts Friday March 15. (CTC) starring Laura Michelle Kelly, Ronan Keating, Magda Szubanski, Dustin Clare, Hugo Johnstone-Burt, Natalie Tran. Comedy, musical. Elspeth Dickens (Laura Michelle Kelly) dreams of finding her "voice" despite being stuck in an isolated farmhouse with her naughty twin boys. A webcam she installs in her kitchen becomes her pathway to fame and fortune, making her a cyber-sensation. While her husband James (Ronan Keating) is off saving the world's whales, Elspeth is offered the chance of a lifetime. But when forced to choose between fame and family, the newly anointed internet goddess almost loses it all.



### The Croods

Friday March 29. (CTC) starring Ryan Reynolds, Nicolas Cage, Catherine Keener, Emma Stone, Clark Duke. Animation, comedy, family. The Croods is a prehistoric comedy adventure that follows the world's first family as they embark on a journey of a lifetime when the cave that has always shielded them from danger is destroyed. Traveling across a spectacular landscape, the Croods discover an incredible new world filled with fantastic creatures -- and their outlook is changed forever.



Check out the dinner-movie deals... enquire at Victa Cinema

**Mr menswear**  
 Alan and Bev Kluske

QUALITY CLOTHING  
 AT COMPETITIVE PRICES

- RM Williams
- City Club
- Gaz Man
- Breakaway
- Canterbury
- Levi
- Akubra
- Gloster

Ladies... check out the women's range

23 Ocean Street - Victor Harbor  
 Ph. 08 8552 2356 Fax. 08 8552 5544  
[ak@mrmenswear.com.au](mailto:ak@mrmenswear.com.au)

*The Flower Spot Goolwa*

Market fresh for that special occasion.  
 Open 7 days. Seniors 10% discount.  
**Goolwa Shopping Centre**  
**8555 3785**

**No. 5 ON CORAL CAFE**

Check out our new movie deal!  
 Delicious homemade cakes & pastries, and arguably the best coffee in town. Light meals / catering also available

Open Mon.-Fri. 10am-4.30pm  
 Saturday & Sunday 10am-2pm  
 5 Coral St., Victor Harbor  
 8552 7344



The Hindmarsh Island heroes (from left) Judy Younger, Melissa Rumbelow, Mary Grogan, Mallee, Frank Skuce, Tony Swan, Barry Pearce, Stuart Harrison, Malcolm Rumbelow, Stef Wilden, Diana Tebneff, Ian Brown, Isobel Harry and Fiona Haselgrove (front right).

## Take any seat for this oarsome show

It has been suggested colleges that grace the River Thames believe a measure of how far you have climbed the social ladder is measured by the boat in which you row, and from what seat you command. Deary me, we cannot have the school captain in the second-best boat or fifth-along in the eights, can we? However, if you drag yourself out of bed and assemble at the old boat shed on Hindmarsh Island at 7.30 on Saturday morning you will abolish this nonsensical notion that rowing is only purely for the elite.

Here you will meet Ashley the young town planner, Stef the optometrist, Fiona the schoolteacher, Mary the hospital administrator, others from various working backgrounds, retirees and overall a marvellous bunch of incredibly down-to-earth people – 28

in total – who generally have taken up rowing later in life because they simply love the challenge this ageless sport presents. Oh, they also include Maurice Elkin, who is 83 and has been rowing for just four years, and Frank Skuce, 85, a great-grandfather who started rowing with the Port Adelaide Rowing Club in 1946 and in 2011 teamed with his mate, Barry Pearce, 77, to win a gold medal at the Masters Australian Games. As Frank said, the thing that he always loved about rowing in his younger days was the beer drinking, but on a serious note noted the companionship at the Goolwa Rowing Club was incredibly special. Each member sports a jacket bearing the club motto: “Any boat. Any seat. Anytime”. There is no social climbing; here they’re equals and you’re most welcome. On this particular

morning we had the well-experienced teaching another three newcomers – also from varied backgrounds – the very basics, and will continue to learn and develop their skills as the “guilt trips” evolve.

Guilt trips? Well, not really, just the feeling these rowers seem to have if they sleep in; the belief that they have let their teammates down if they are one short.

Fiona Haselgrove, the club president and deputy principal at Victor Harbor High, explains that in this club the real penalty for turning up late is the ribbing. No pressure, unless a specific crew is training for serious competition, which is usually confined to long rows up the Murray and back.

Continued P7

The **Corio Hotel**  
**\$10\*** meal deal!  
 Railway Tce, Goolwa BOOKINGS: 8555 2011

**\*Present this voucher and get the second or lower-priced main meal for just \$10 Monday-Thursdays!**



**NEW!** Tuesday fish nights





“  
*If it were an individual sport I would not get out of bed. If there was no wind I know I would have to get up so I wouldn't let my crew down.*”

– Goolwa Rowing Club president Fiona Haselgrove

From P6

“Unfortunately, or depending on how you want to look at it, the best weather for rowing is early in the morning,” Fiona said. “If it were an individual sport I would not get out of bed. If there was no wind I know I would have to get up so I wouldn't let my crew down. That's a big part of it; you feel reliant on others to be there even when it's cold or wet.”

It is also no small feat getting on to the water. The club doesn't have its own headquarters so it stores the boats in a shed generously made available by Andrew Chapman on Hindmarsh Island. The members need to load the boats on a trailer, drive 75 metres, unload them and launch. The precision is impressive.

This may change with a proposed new rowing club shed on the Bristow Smith Reserve foreshore across the other side, designed in harmony with the culture of Goolwa and with key issues like the aesthetics and environment being of paramount importance.

If the project goes ahead don't expect coxless fours to be running amok. Fiona explained that



Goolwa Rowing Club president Fiona Haselgrove (left) and 83-year-old club member Maurice Elkin.



because this section of the Murray is generally too windy and rough, the club is unlikely to be ever considered for regattas as we know them. The Goolwa Rowing Club is predominantly about tour rowing – travelling to places like Melbourne to compete in the Head of the Yarra – in the Masters class, of course – and hosting endurance events as far as Renmark and back that attract overseas and interstate competitors.

Fiona notes the subtle message that is delivered at these long rows. “The eastern state rowers see what is happening at our end of the river so the education on the Murray Darling system is very positive,” she said. The Goolwa Rowing Club is indebted to Stef Wilden, who has been there from the start in 2003 when asked by the Masters Association at state level to establish a rowing club here. According to Fiona, Stef seized the challenge with enthusiasm and through her hard work inspired others to give this sport a real go. It has also been their character that has seen the club push aside the fierce competitiveness

that rowing can sometimes generate in favour of developing the undeniable friendship amidst a healthy sporting environment. There are those who came from the old school rowing ties, but most discovered the sport later in life. Fiona, who first became passionate about rowing 10 years ago, said for most of Goolwa's members rowing was about tour rowing, socialising and people getting together particularly in the Masters area.

“School rowing is quite elite, but Masters has become a social way to interact in a healthy environment,” she said.

“Around the world rowers share camaraderie and a lot have their holidays around rowing holidays. You tour and you row. Rowing doesn't present a lot of hardship for your body. It is a fluent and even motion, particularly if you are using two oars which is scull rowing. It is easy on the body in those terms.

“Rowing can be as individual as you want it to be, but also very much about the principles of team sport. We have very few individuals; for us, even without clubrooms, we all go for a coffee afterwards. For some of our members it is really part of their life routine. Even if the weather is bad they will still come over and have a chat. Rowing becomes more than a sport; it becomes a wonderful part of your life.

“Rowing is seen as an elite sport because it is largely the private schools that run it. The sport is expensive; the boats are expensive... a new four boat is around \$20,000; an eight is \$35,000. but in terms of being an actual rower there is not a lot of equipment to purchase.

“Rowing itself is a real challenge. When you watch rowers in the Olympics you may think that it easy. It is a simple movement, but to get it right is hard and it takes a lot of time.

“I have a demanding job, and sometimes it is hard to switch off, but when I go rowing all I think about is that rowing movement. For me life suddenly becomes stress-free. I talk my way through every stroke in my head; it is very much about the challenge of getting that technique right with every stroke.

“If you have beautiful flat water on a fine morning, and everyone is rowing in time, you create that magical silence apart from the boat gliding through the water. It is pretty special. That's rowing.” **CL**

**A Taste of the Real Rajasthan**

Travel like a Maharaja enjoying the atmosphere of yesteryear as you stay in their Palaces

15 days fully escorted \$3,750 per person / twin share  
Departs 22nd September 2013

**Specialised Travel**  
(08) 8555 0468  
manager@specialisedtravel.com.au

A Multi Award Winning Travel Agency  
Celebrating 25 Years of Excellence in Customer Service

You owe it to yourself to COMPARE one tour with another, by all means collect all the brochures from various Travel Agents, then sit down and carefully compare the hotel standards, itinerary, meals and importantly the cost.

Phone Specialised Travel to have a “**A Taste of the Real Rajasthan**” brochure posted to you. Great value at \$3,750 per person. Or, call to make an appointment so we can take our time and explain the full tour to you.

**SPECIALISED TRAVEL**

Phone: 8555 0468 / 0410 422 466

manager@specialisedtravel.com.au

**Your Local Multi Award Winning Travel Agent  
Celebrating 27 Years of Excellence in Customer Service.**

A specialist in custom designed individual and family groups to

**VIETNAM**

We can save you a  
**\$ 1,000**

compared with some tours found in popular brochures by custom designing your tour to your standards.

Phone 8555 0468 for an appointment.

## Accountancy

**christmas & volling**  
chartered accountants  
business advisers

Specialising in small business  
70 Ocean Street, Victor Harbor  
Ph: 8552 8966  
E: josephinec@christmasvolling.com.au

## Auto detailing

**Quality Auto Detailing**  
Mobile service 7 days a week  
High quality eco-friendly machine  
polishing  
Affordable inside-and-out packages  
designed for your requirements.

**Andrew 0406266582**

## Boarding kennels & cattery

**sagewood**  
**BOARDING KENNELS  
& CATTERY**

**8554 9515**  
Mosquito Hill Road, MOUNT COMPASS

## Cafe & restaurant

**Boulevard Cafe & Restaurant**  
Bartel Boulevard, Encounter Bay

Alfresco dining Catering  
Bling & apparel  
Fresh local produce All day breakfast

**8552 5092**  
boulev@chariot.net.au

## Chiropractor

**GOOLWA  
CHIROPRACTIC**

15 Cadell Street, GOOLWA

**8555 0033**

## Hairdressing

**beach Cuts**

For all your hairdressing needs

44 Goolwa Road  
MIDDLETON SA 5213 **ph 8554 3023**

## Hairdressing

For a fine cut  
Shop 4 Catherine St  
Strathalbyn

**8536 3414**

**HIVE**

## Handyman

**HANDYMAN**

All jobs both indoors and  
outdoors... gardening, block  
slashing, gutters, rubbish removal  
and much more!  
Prompt and friendly service. Free  
quotes. Pensioner discount.  
T: Gary 0413711 131 or 8552 1062

## Electrical

**Middleton  
ELECTRICAL**

Power points, lighting, ceiling fans, digital antennas,  
general wiring, board upgrades, safety switches, smoke  
alarms, window cleaning, home maintenance  
& solar panel cleaning...

**Adam 0400 187 202**

## Heating & cooling

**VICTOR  
HEATING AND COOLING**  
PTY LTD.

**JOHN OBORN**  
for your LOCAL airconditioning &  
commercial refrigeration

**0415 812 139**

## Medals/framing

**All Purpose Framing Medal  
Mounting**  
Military items, custom framing &  
canvas prints. And much more.

3 Cadell St GOOLWA

**8555 5993**  
[www.allpurposeframing.com.au](http://www.allpurposeframing.com.au)

## Tipper & earthworks

**Tipper & bobcat hire**

**I.T & J.M.  
Palmer**

110 Beach Rd,  
Goolwa

**8555 3069**  
**0417 801 805**

## Plumbing

**Amanda the Plumber**

Fully licensed for all your  
maintenance needs... and  
prompt & reliable service!  
**PENSIONER DISCOUNTS**

**0407 794 515**

Plumbing with that feminine touch!

Lic. PGE195593

## Remedial massage

**Des Baggs**

**Encounter Massage**

Remedial, Sport, Relaxation,  
Lymphatic drainage. Health fund  
rebates may apply.

14 Victoria St., VICTOR HARBOR

**8552 5439 0401 011 126**

## Window cleaning

**GSWC**  
GREAT SOUTHERN  
WINDOW CLEANING

Matt Sweetman

**0412 468 266**



## Local business guide

### Floor plans

#### SELLING YOUR PROPERTY?

*Fleurieu Floor Plans*

**John Connor**

**0422 915 623**

[admin@fleurieufloorplans.com.au](mailto:admin@fleurieufloorplans.com.au)

### House cleaning

**House cleaning**

Reliable, trustworthy & caring

Jeanni

Pensioner rates

**0457 630 857**

## Coast Lines

#### PUBLISHERS

Ashley & Jenny Porter

Oscar Publications

ABN: 22 725 586 794

PO Box 2078

VICTOR HARBOR SA 5211

#### EDITOR/WRITER/PHOTOGRAPHER

Ashley Porter

0402 900 317

#### ADVERTISING

Dianne Altmann

0433 556 919

[daltmann@adam.com.au](mailto:daltmann@adam.com.au)

#### DEADLINES

Last Thursday of the month.

#### DISTRIBUTION

The first Thursday of the month to Milang, Clayton Bay, Currency Creek, Goolwa, Middleton, Port Elliot, Victor Harbor, Cape Jervis, Normanville, Yankalilla, Aldinga, McLaren Vale, Morphet Vale, Mount Barker, Strathalbyn.

#### PRINTER

SA Design & Print

90 Hill Street

PORT ELLIOT 5212

T: 8552 6606

# Laugh Lines

### Happy birthday

This chap at Goolwa is celebrating his 92nd birthday. He's having a shower and remembering the great times of his life. "Hello toes," he says to his toes. "Remember when we went for those walks in the park every summer? Happy Birthday toes." He looks at his knees. "Hello knees," he says to his knees. "Remember how we waltzed on the dance floor with all those pretty girls? Happy Birthday knees." He then looks a bit higher. "Hello Willy," he says. "Just think... if you were alive today you'd be 92."

### Cop photoshop

Little Johnny's kindergarten class is on a field trip to the Victor Harbor police station and looks at the notice board. There, he sees tacked to a bulletin board head-shots of 10 people. Johnny points to a picture and asks a policeman if the person is wanted. "Yes, says the policeman. "These people are Australia's 10 most-wanted criminals... we really want to capture them." And Johnny says: "Then why didn't you keep them when you took their photos?"

### Nice doggies

Paddy takes two stuffed dogs to Antiques Roadshow. "Oh, wow!" says said the presenter. "This is a very rare set, produced by the celebrated Johns Brothers taxidermists who operated in London at the turn of last century. Do you have any idea what they would fetch if they were in good condition?" And Paddy says: "Sticks."

### New invention

Did you hear that Wurlitzer (a company that makes organs and pianos) and Xerox (company that makes machines that copies or reproduces documents) decided to merge? They plan to make reproductive organs.

### For mankind

A blonde girl and 10 men are being rescued from a burning building, and are desperately hanging on to a rope from a helicopter. The pilot yells out: "Sorry, but there is too much weight... one of you must drop to your

death to save the others."

The 11 people can't decide which one should let go of the rope. Suddenly, the blonde starts making a very emotional speech; how she appreciates the life she has already enjoyed, the sacrifices great people on this earth have made to save others, how she believes in the thereafter and she is not afraid to die, and ends her heart-wrenching speech by saying: "And I love my husband and children so much." And the 10 men are so overwhelmed by emotion they start clapping.

### Wedding bliss

A bloke is at his wedding rehearsal and says to the church minister during the wedding rehearsal: "I'll give you \$100 if you change the wedding vows... when you get to the part where I'm supposed to promise to 'love, honor and obey' and 'be faithful to her forever', I'd appreciate it if you'd just leave that out." He passes the minister \$100 and walks away. On the day of the wedding, when it comes time for the groom's vows, the pastor looks the young man in the eye and says: "Will you promise to prostrate yourself before her, obey her every command and wish, serve her breakfast in bed every morning of your life, and swear eternally before God and your lovely wife that you will not ever even look at another woman, as long as you both shall live?" The groom gulps and looks around, and whispers: "Yes." He then leans toward the pastor and says: "I thought we had a deal." The pastor put \$100 into the groom's hand and whispers: "She made me a better offer."

### Doctor, doctor...

A man walks into a doctor's office completely naked, and covered in saran wrap. He goes to the doctor, and the doctor does some tests. Hours later, he tells the man, "Well, I can clearly see your nuts."

### Dad jokes...

**What do you call a surgeon with eight arms?**  
A doctopus.

**Where does a rabbit learn how to fly?** In the hare force.

**Why did the burglar take a shower?** He wanted to make a clean getaway.

**Where do snowmen go to dance?** A snowball.

**Why didn't the robbers go to the perfume shop?** Because they had guards at each D'ior.

**What clothes does a house wear?** Address.

**What did one magnet say to the other?** I find you very attractive.

## Fleurieu Automotive

[www.repcoservice.com](http://www.repcoservice.com)

- > Log Book
- > LPG Installation
- > Fuel/System - EFI
- > Servicing & Service
- > Engine Repairs
- > Brakes
- > Air-Conditioning
- > Cooling System

Auto-Tech Trained

Nationwide Warranty

Ph: 8552 9335

Trust, Experience & Knowledge  
YOU CAN RELY ON REPCO AUTHORISED SERVICE

50-54 Maude St, Victor Harbor

# You must try this gem of a pie

Introducing OPAL (Obesity Prevention and Lifestyle), a program that encourages children to be healthy.

It is a community-based lifestyle program supporting you and your family to eat well and be active.

OPAL, which was established in SA in 2009, is supported by state and federal governments, and will be in the Alexandrina Council region for five years, working in partnership with families and the community to make healthy eating and physical activity the easy and fun choice.

According to Linda Scholz, who is the OPAL manager for the Alexandrina Council, the program is necessary because regrettably one in five four-year-old children in South Australia is overweight or obese. More than half of adults are overweight or obese.

Linda will work with a range of community groups – including schools, health services, council and private businesses. A local committee will work together to find out what the region needs in order to help children and adults be more active and make healthy eating choices.



To support the local program, we present a healthy recipe from OPAL, for a Potato topped Fish Pie. According to Linda, it's a recipe that ticks the boxes – family orientated, nothing too flash, nutritious and not too expensive to make. Sounds great.

## Potato topped Fish Pie

Serves: 4

### Ingredients

425g tin tuna, drained

4 potatoes, cubed  
½ red capsicum, finely chopped  
200g frozen mixed vegetables (or chopped fresh vegetables)  
100g cheese, grated  
2 tbsp. margarine  
100g plain wholemeal flour  
½ litre low fat milk  
1 tsp. mustard  
1 tsp. chives  
1 tsp. parsley

### Method

Boil potatoes until cooked. Drain and mash with milk and ¼ of the cheese.

Melt margarine in a saucepan. Stir in flour. Gradually stir in milk with whisk until the mixture begins to thicken.

Cook frozen mixed vegetables according to packet directions.

Reduce heat. Stir in mustard, chives, tuna and vegetables.

Place fish mixture in serving dishes. Top with potatoes and remaining cheese.

Place in moderate oven until heated through and cheese is melted.



## Beetroot & Crème Fraiche Hummus, dressed with Fleurieu Feta

**Rebekah McCaul, from Alexandrina Cheese, has provided this fabulous recipe... thank you!**

### Groundwork

Chickpeas need to be soaked overnight, you have the option of using canned chickpeas. On the day, you will need 30 minutes preparation time, allow ½ hour cooking time. Serves 10+ accompany with hors d'oeuvres.

### Ingredients

250 g dried chickpeas, reserve the liquid  
1 large onion, finely chopped  
500 g beetroot, whole  
½ cup of tahini, sesame seed paste  
2/3 cup Alexandrina Crème Fraiche  
6 cloves garlic, crushed

¼ cup lemon juice  
1 tablespoon ground cumin  
¼ cup local olive oil  
½ cup Alexandrina Fleurieu Feta  
salt flakes & freshly ground pepper

### Method

Soak chickpeas in cold water overnight, rinse and drain well. Place the chickpeas and onions in a large heavy-based pan, cover with water and bring to the boil. Reduce heat and simmer for 1 hour, until chickpeas are very soft. Drain reserving 1 cup of cooking liquid, allow to cool. Place the whole beetroot in a large heavy-based pan, cover with boiling water and cook until tender.

Drain and allow to cool slightly before removing skins.

Chop the beetroot and place in a food processor, in batches if necessary.

Add the chickpea and onion mixture, add the tahini, Alexandrina Crème Fraiche, garlic, lemon juice and cumin, process until smooth, slowly add reserved cooking liquid and olive oil while the machine is running.

Process until the mixture is thoroughly combined. Place the hummus in a large serving bowl. In a separate bowl smash the Alexandrina Fleurieu Feta with a fork, and garnish the top of the hummus.

**Plating up:** Drizzle a little olive oil and serve with local flat bread, and crisp vegetable sticks.



In the Mall  
**8555 3360**  
Shop 5  
Hutchinson St  
Goolwa SA 5214

## Convenient Chef

**Southern  
Alexandrina  
Business  
Association  
award winners**



**"Quality food to go... making  
life convenient for you."**

Shop 4/22 Cadell St, GOOLWA  
**8555 1655**



**allira florist**  
delivered to your door

Shirley Bell  
ph 8552 3954  
M 0418 812 747

Victor Harbor Shopping Centre  
22 Jansz Street  
Victor Harbor

[www.victorharborflorist.com.au](http://www.victorharborflorist.com.au)  
[allirafloirist@interflorist.com.au](mailto:allirafloirist@interflorist.com.au)



# EAT WAVE with Jenny...



## A delicious Panna Cotta with Strawberry Coulis

### Ingredients

2¼ level teaspoons powdered gelatine  
3 tablespoons cold water  
1½ cups thickened cream  
½ cup milk  
4 level tablespoons caster sugar  
1 teaspoons natural vanilla concentrated extract  
Strawberry Coulis  
250g strawberries  
few drops vanilla concentrated extract  
2 level tablespoons sugar  
2 tablespoons water

### Method

Place cold water in a medium sized heatproof bowl or glass jug, sprinkle gelatine on top and stand for 5 minutes.  
In a saucepan heat cream, milk and sugar over medium heat until almost to boiling point and sugar has dissolved, stirring occasionally. Do not boil. Remove from heat

and stir in vanilla extract.

Pour half the cream mixture onto the gelatine mixture and stir or whisk until gelatine has dissolved. Stir in the remaining cream mixture.

Pour Panna Cotta mixture into serving dishes (small wine glasses are ideal), or lightly oiled moulds. Leave to cool, then place in refrigerator for a minimum of two hours, or until firm. Serve with strawberry coulis.

To make strawberry coulis, place hulled and quartered strawberries, vanilla extract, sugar and water in a saucepan and heat on medium. As the strawberries begin to soften, mash with a potato masher or fork. Continue to simmer until the sugar has dissolved and the sauce has reduced down and thickened (takes about 10 minutes). Strain with a sieve. Cool. Serves 4.

## Plum Lamb Chops

### Ingredients

8 loin lamb chops  
½ cup plum jam  
½ cup Worcestershire sauce

### Method

Preheat oven to 180°C. Place lamb chops over the base of a greased oven-proof dish. Combine plum jam and Worcestershire sauce (the Beerenberg brand is nice), then pour over chops. Bake for 20 minutes. Serve with vegetables of choice. Serves 4.

grease an ovenproof dish.

Cut cauliflower and broccoli into small florets. Place in a saucepan, cover with water and bring to boil. Place lid on saucepan, reduce heat to low and simmer for 6 minutes, or until vegetables are just tender. Drain well, then place over the base of prepared dish.

Melt butter in a saucepan on medium heat. Add flour, stirring for one minute. Remove from heat and gradually add milk, stirring continuously until smooth. Return to low heat and simmer for 3 minutes, or until thickened. Season with salt and pepper. Pour sauce over vegetables, sprinkle with breadcrumbs and combined cheeses. Bake for 25 minutes, or until golden. Serves 6-8.

Tips: Cauliflower and broccoli can be pre-cooked in microwave instead of on stove top. Sauce can also be made in the microwave. Frozen cauliflower and broccoli florets can be used – ideally defrost in microwave and drain off any water.

## Cauliflower & Broccoli au Gratin

### Ingredients

½ cauliflower  
1 head broccoli  
1 cup grated tasty cheese  
½ cup grated parmesan cheese  
½ cup fresh breadcrumbs  
90g butter  
½ cup plain flour  
2½ cups milk  
salt and pepper to season

### Method

Pre-heat oven to 180°C. Lightly



This Jersey dairy farm located in Mount Jagged, near Mount Compass, on the Fleurieu Peninsula (17 km from Victor Harbor) is where the McCaul family produces award-winning hard style cheeses & luxury dairy products, using high quality, rich creamy milk.

The range uses traditional methods supported with the combined knowledge of four generations of farmers & cheese-makers.

Open daily Monday to Friday 12noon–5:00pm  
Weekends & public holidays 10:00am–4:30pm.

Sneyd Road, Mount Jagged, Fleurieu Peninsula  
tel/fax: 08 8554 9666  
email: info@alexandrinacheese.com.au

# Vic older than his centenary club

The Port Elliot Bowling Club celebrated its centenary on Sunday, and astonishingly one of its members, Vic Linke, was older – 102.

And when you watch him on the treadmill for 20 minutes to an hour almost every day, you would think this remarkable Encounter Bay resident is still fit enough to play another end. Vic, who was born in Kapunda, had his last roll of the greens when he was 100, and played in competitive lawn bowls until he was 98. That's when he stopped driving. If you think that's also amazing, he fell at home and broke his right hip – and still went out and played bowls that day.

It was about the time he was admitted to hospital with pneumonia and the doctor told the family the grim news; that he would not survive two hours. His daughter, Jan Thomas, who cares for Vic, told the doctor: "But he's tough as old boots." And the doctor said: "He might be, but this is it."

Vic also walked into a hospital and asked to have a hip replacement at 98, and it follows when he was living by himself at the age of 90, climbed the roof of his house and fell off the ladder, landing on his head.

Now, all these years and tales of adventure on, Vic, despite his failing eyesight and hearing, and believing he can't smile for a photograph, still enjoys his daily exercise and reminiscing. His mind is still sharp as a tack.

Vic, who also has a son, Brenton, and is a grandfather of four and great-grandfather of four, believes he has lived an interesting life. "A hard one too," he said.

When asked the secret of his long life, Vic said "work", adding: "I started off working with dad in a blacksmiths shop, and he was a hard man to work for. I got jack of that and left."

Vic, who was married to Ad (Adeline) for 63 years until her passing 10 years ago, became an electrical engineer, and his work ethic continued after retiring helping the Grange Bowling Club, and then Port Elliot, with the greens and odd-jobs. He had been an outstanding loyal servant to both clubs, and he



Above: Members of the Port Elliot and Victor Harbor bowling clubs do a reenactment of a match between the clubs early last century. Left: Vic Linke. "I can't smile for photographs," he says. But he can still go on a treadmill almost every day.

said he loved every moment.

"That's astounding," Vic said, when asked to comment on the fact the Port Elliot club was celebrating its centenary and he's 102. "I loved my bowls, but I was not very good at it." Jan disagreed, as would many of his friends at the club who saw him play in his prime. "I made a lot of friends at the club," Vic said. "They are good people and I wish the club well."

The club certainly celebrated its centenary in style, including a reenactment of a match against Victor Harbor with men and women

wearing costumes of the era. It was a lot of fun; the heartiest of well-wishing from the long list of dignitaries, and of course plenty of laughter from some great tales involving characters of the past. It's what makes a great club, and of course remarkable people like Vic Linke.

The Port Elliot welcomes people from all walks of life, and is not known as the "friendly club" for no reason. Just ask Vic.

## UPCOMING TOURS AT A GLANCE

**NEW** Adelaide Central Market and Dress for Success Warehouse Tour Wednesday, March 20, \$65pp, includes lunch at the Watermark, Glenelg.

**NEW** Monarto Zoo – Friday, April 26, includes lunch and guided tour \$80pp

### Extended Tours

7-day Streaky Bay and Port Lincoln, April 8-14, \$1638pp & \$335ss (filling fast)

7-day Autumn in Beautiful Bright, April 18-24, \$1600pp & \$350ss

8-day 3 Trains 3 States, April 30-May 7 from \$2801pp & \$450ss (only 2 seats left)

Driving Miss Daisy Show, includes lunch and matinee show \$190pp

8-day Wild West of NSW and Lightning Ridge, May 20-27, \$1950pp & \$330ss (filling fast)

12-day Foot Stomping New England, Stanthorpe and Tamworth, June 13-24, \$3169pp & \$750ss

5-day Gold Coast & Tweed Heads, July 8-12, \$1985pp & \$350ss

4-day Christmas in July in Echuca, July 22-25, \$676pp & \$170ss

9-day Norfolk Island, July 28-August 9, \$3500pp & \$650ss (filling fast)

4-day King Kong the Musical Spectacular in Melbourne, August 6-9, \$1480pp & \$250ss

19-day South Africa, Victoria Falls & "The Blue Train", Aug. 15- Sept. 2, \$10750pp & \$1750ss (Trip of a lifetime and ONLY 8 seats remaining)

8-day Canberra and the NSW South Coast, September 23-30, \$1750pp & \$350ss

4-day Murray Princess Cruise, October 11-14, \$1450pp & \$280ss

12-day Spring Wonderland in Tasmania, October 21-November 2, approx. \$4100pp

ANDRE RIEU concert October 23, great seats, \$209pp

3-day Loxton Lights, December 6-8, \$399pp and \$95ss

**NEW** 8-day Christmas in the Blue Mountains and Wollongong, December 23-30 \$TBA

**NEW** 16-day TRAVELMARVEL Amsterdam – Budapest River Cruise from March 15 2014 from a ridiculous \$5990pp. Includes airfares and must be deposited before April 30, 2013

**NEW** 12-day TRAVELMARVEL Kimberley's Tour, July, 2014 (will have Ghan option). We're taking expressions of interest for this one.

\*pp = per person on a twin share basis

\*\*ss = single supplement

10 Bond Avenue, Victor Harbor SA 5211  
Email: [info@victortours.com.au](mailto:info@victortours.com.au)

Ph: 08 8552 8001  
Fax: 08 8552 8002

victor tours